



# Strategies for a Healthy Fall

As the days get shorter and cooler and the seasons change, use these strategies to help prevent chronic diseases and maintain a healthy lifestyle.



## Get Your [COVID-19](#) and [Flu Shots](#)

Getting the COVID-19 vaccine and recommended boosters offers the best protection against serious illness and hospitalization.

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.



## Track [COVID-19 Levels](#) in Your Community

Check your COVID community levels and wear a mask indoors with substantial or high COVID-19 transmission.



## Wash Your Hands

Wash your hands with soap and clean running water for 20 seconds.



## Get Your Screenings

Visit your doctor and dentist for preventive services and regular checkups.



## Brush Your Teeth

Brush twice a day with fluoride toothpaste.

**TEACH KIDS HANDWASHING**  
Prevent the spread of germs. Teach your kids the five handwashing steps—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating.



## Sleep

Aim to get at least 7 hours of sleep per night.



## Be Sun Safe

Wear long-sleeved shirts and pants, a wide-brimmed hat, sunglasses, and broad spectrum sunscreen with at least SPF-15.



## Make Time to Unwind and [Connect With Others](#)

For stress relief, take deep breaths, stretch, meditate, or do an activity you enjoy. Talk with people you trust about how you're feeling and express gratitude.



## Drink Wisely

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.



## Move More, Sit Less

Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.



## Eat Healthy

Delicious fruits, vegetables, whole grains, lean meats, and low-fat dairy products make healthy meals.



## Don't Use Tobacco

You can quit today! Call 1-800-QUIT-NOW for free support.



For more about how to prevent chronic disease and maintain a healthy lifestyle, follow [@CDCChronic](#) on Twitter or visit [cdc.gov/chronicdisease](https://www.cdc.gov/chronicdisease).

